

**Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs**

**Local Wellness Policy:
Triennial Assessment Summary**

Background

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. When wellness committees meet on a regular basis throughout the school year, an assessment plan should be used to ensure progress is being made on the district's wellness policy and procedures.

Purpose

The template below is offered to help summarize the information gathered during your assessment. Members of a school wellness committee who are completing the triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy, 2) how the wellness policy compares to model wellness policies, and 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. Many LEA's choose to post the results on their district website. The triennial assessment summary and the assessment details must be shared.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. This will be needed when you have a School Nutrition Program administrative review.

Resources

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html

Section 1: General Information

School(s) included in the assessment: Cedar Springs Public Schools

Month and year of current assessment: 2/07/2024

Date of last Local Wellness Policy revision: 2017

Website address for the wellness policy and/or information on how the public can access a copy:

<https://go.boarddocs.com/mi/csp/Board.nsf/goto?open&id=B6GNBM5B61A5>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Scott Smith	Superintendent	Scott.smith@csredhawks.org

School Wellness Committee Members:

Name	Job Title	Email Address
Holly Haywood	Director of Food Services	Holly.haywood@csredhawks.org
Dan Scoville	Director of Human Services	Daniel.scoville@csredhawks.org
Matt Moffett	HS Assistant Principal/AD	Matthew.moffett@csredhawks.org
Kelly Workman	Teacher – Special Education	Kelly.workman@csredhawks.org
Brooke Seville	Teacher – Secondary Consumer Science	Brooke.seville@csredhawks.org
Taylor Dutcher	Teacher – Elementary PE	Taylor.dutcher@csredhawks.org
Dave Bowers	Teacher – Secondary PE/PLC leader	David.bowers@csredhawks.org
Megan Dailey	School Nurse	Megan.dailey@csredhawks.org

Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- Michigan State Board of Education Model Local School Wellness Policy
- Alliance for a Healthier Generation: Model Policy
- WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

- Team Composition
 - MSB has many more members involved than our school wellness policy requires (ie: dentists, mental health members, administrators, school board members, doctors, SNAP coordinator, each building and reflect diversity of community)
 - Having this many would prohibit the progress of the committee; recruitment would be difficult.
- Similarities include district leadership, including superintendent designating committee, committee members with authority and responsibility to ensure compliance.

- Nutrition Education
 - Survey principals: Tell us about what nutrition information is happening in your building. (May 2021)
 - Currently not happening with all students in each grade level (July 2021)
 - Missing in grades K, 1, 3, 4, 5, 7, 8, @ HS--those who don't take PE or Health
 - Uncertain how we compare to the model.
 - High school has Food and Nutrition course; students who take health class receive content related to nutrition from a trained teacher
 - **2021-22**: 2nd grade nutrition education (6 weeks) in PE through YMCA – **do we still do this?**
 - **2021-22**: Expansion of 6th grade science unit to include nutrition unit – **do we still do this?**
 - **2021-22**: Possible inclusion of wellness with PBIS and mental health team – **have we done this?**
 - **Do we need to have some nutrition education in elementary or middle level?**
 - **Should we have televisions in each cafeteria with nutrition education?**
- Guidelines of Food Service
 - The District shall ensure that all foods and beverages sold to students on the school campus during the school day are in compliance with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs.
 - Any food and beverages marketed or promoted to students during the school day will meet the USDA Smart Snacks nutrition standards. These standards apply to a la carte items, fundraising events, and vending machines.
 - **2022-23**: Review with MGM the Board of Ed policy on Smart Snacks and use Smart Snack Calculator to make choices.
<https://foodplanner.healthiergeneration.org/calculator/>

- Classroom parties and birthday treats – **What is policy? What is enforceable?**
- Fundraising events – two events that don't meet standards? Holly can find those guidelines. All should be reported to Holly – How where, what, etc. Physical Activity & Physical Education
 - PE courses offered at elementary and secondary for all students – Could we offer all year vs. one semester at Middle Level?
 - Recess and purposeful play at elementary focuses on physical activity (ie: focus games)
 - Clubs: Girls on the Run, other?
 - Organized athletics:
 - Aligned PE courses to standards, offer development of knowledge, skills, and values necessary for life-long physical activity courses at secondary (6-8), development of extracurricular clubs to promote physical wellness, consider other evidence-based practices that we could promote/implement at each grade-span (8th – walking club, Shape America curriculum at elementary)
- Process (implementation, triennial assessment, documentation, updates to the policy)
 - DONE: Building principals take assessment through [HSAT](#) (October 2021)
 - DONE: Action planning with MGM team to acknowledge goals (2021-22 SY)
 - Wellness policy in Board Policy and on Food Service website <http://go.boarddocs.com/mi/csps/Board.nsf/goto?open&id=B6GNBM5B61A5>
 - Report to BOE annually (beginning June 2022)

Section 4. Compliance with the Wellness Policy and progress towards goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the table below to indicate the progress made with each goal included in the Wellness Policy. The table may be used for each school separately or the district as a whole.

Tip: When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has tips for developing [SMART objectives](#).

Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: Cedar Springs Public Schools

Date: February 7, 2024

Nutrition Promotion and Education Goal(s):

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Example: Food and beverages will not be used as a reward for students.	a) Provide teachers with list of non-food reward examples. b) Discuss changes at back-to-school staff training. c) Follow-up mid-year to discuss challenges and determine additional communication needed.	Before the beginning of next school year.	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
Increase Farm to School lettuce with AG class at High School	Continue with the Flex Farms hydroponic systems Purchase additional Flex Farms?	January 2022	Harvest of lettuce	Brent Willette	AG class, food service staff, students	Ongoing

Physical Activity Goal(s):

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Increase awareness for the purpose of movement and cardio activity	Fitness Palooza at Middle Level Walk-a-thons at Elementary (but geared toward fundraising)	Annually	Student Participation and staff feedback	Vanessa Anderson & Courtney MacDonald	Students and staff	Yes

School-based activities to promote student wellness goal(s):

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
-Social/Emotional Learning on half days at HS and Middle Level -Second Step at Elementary	Improving mental health. Participation and attendance needs to improve on those days. Students need to see value in these times. Revisit when and how these lessons are taught.	2022-23 and continuing	Student participation, anonymous surveys, staff feedback, attendance -Celebrations at MS are better received	Admin and planning committees	All staff and students	Yes, ongoing

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
New menu items at all buildings	Taste test Chicken Burrito Bowl and Buffalo Popcorn Chicken as new items	2023-24 school year	Student lunch participation and student survey results (at HS)	Holly Haywood	Food Service Staff, students, HS staff	Yes, menu changed in January of 2024.

Guidelines for other foods and beverages available on the school campus, but not sold:

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Incorporate local products into the school meal program.	Contact GFS for local grown products and put on menu	Ongoing	Verbal check-ins with FS staff to see how well the students are taking the products.	Holly Haywood	Food Service Staff	Yes
Water filling stations available in or around the school cafeteria	Installation of water filling stations. Teachers encouraging students to drink water throughout the school day. – Check on filters	SY 21-22 and continuing	Completion w/ filters	Holly Haywood	Russell Bray, Teachers	Yes

Marketing and advertising of only foods and beverages that meet Smart Snacks:

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Student awareness and consumption of healthier food items.	Include Smart Snack calculator for all building staff. https://foodplanner.healthiergeneration.org/calculator/ Admin and teachers encouraging healthy options during parties, celebrations, etc.	2021-22 and beyond	Documented sharing of smart snack calculator and promotion of healthy foods in School Newsletters	Holly Haywood, Principals, Teachers	School staff, students, and parents	Not yet
Encourage the concession stand to offer healthy alternatives.				Matt Moffett		